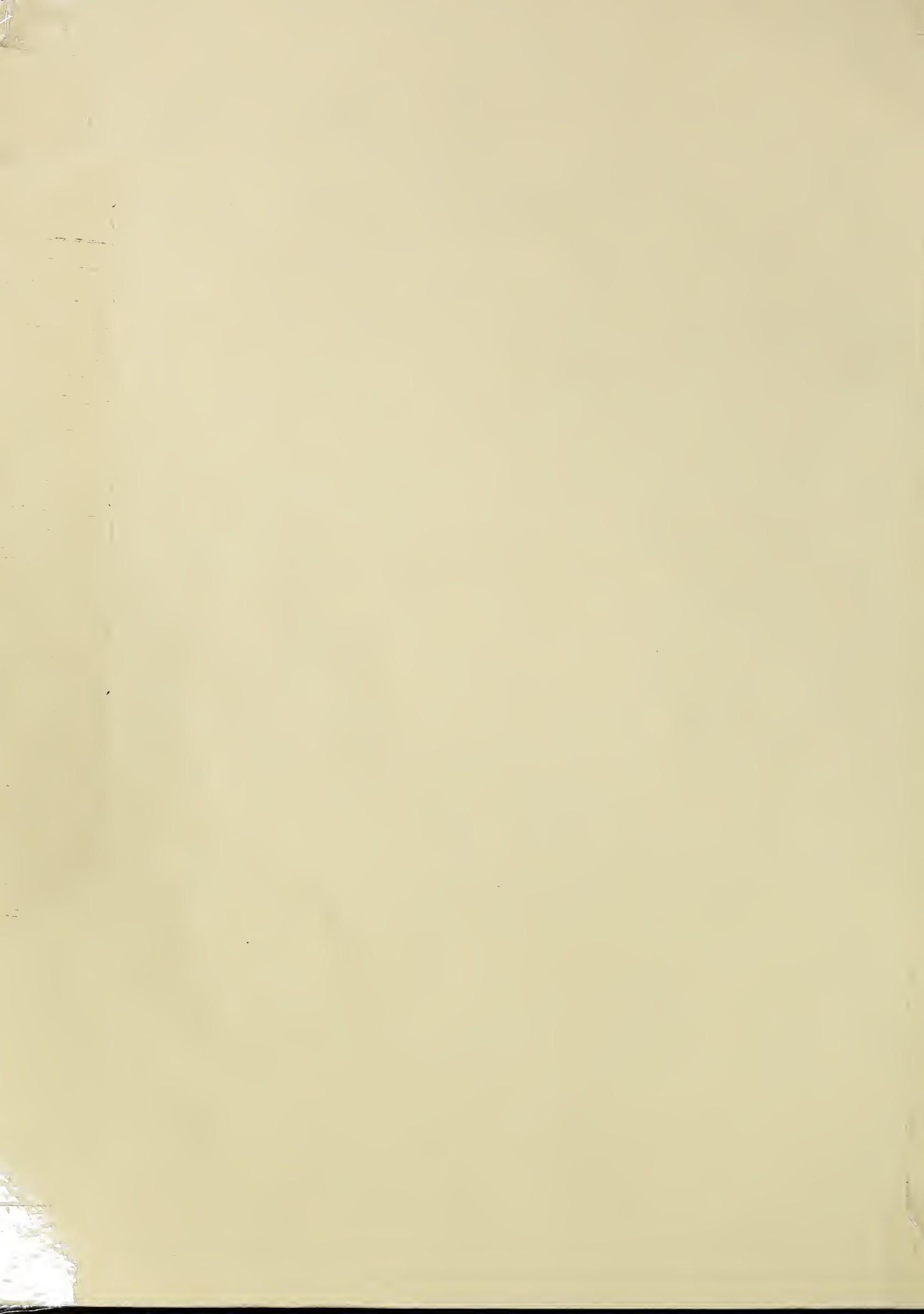


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Food and Home Notes

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HANDICAPPED HOMEMAKERS

SPECIAL PROGRAMS NOW AVAILABLE NATIONWIDE

It is estimated that 12 percent or 4.5 million of the 40 million American women who perform house-keeping duties are affected by some type of disability. Now, special programs relating to the handicapped are available in all 50 states, according to Ella Mae Berdahl, program liaison leader for the United States Department of Agriculture's Extension Service.

Here are some of the outstanding ones: — In Maryland and Washington, D.C.

Maryland Extension Home Economists Catherine Rhoades (Montgomery County) and Martha Myers (Prince George's County) co-host a radio program called "Washington Ear" aimed specifically at the visually handicapped. Many of these sessions originate from the kitchen of Mrs Gladys Loeb, a blind homemaker with whom they've worked for the past 6 years. The programs are broadcast on a daily basis under the direction of Dr. Margaret Rockwell, who is also blind.



Maryland:

Catherine Rhoades, Montgomery County, Marcie Myers, Prince George's County, Extension Agents plan radio program with Gladys Loeb a blind homemaker.

HANDICAPPED HOMEMAKER'S KITCHEN

Mrs. Gladys Loeb, a blind homemaker removes a gelatin desert from a mold.



Counter tops are 30 inches high in this "wheelchair" kitchen designed by Evelyn Severson, University of Arkansas Cooperative Extension Service housing specialist.

HANDICAPPED HOMEMAKERS (con't)

The program is heard via special receivers, which are attached to a radio and supplied free of charge to the legally blind in the greater District of Columbia area.

...IN MINNESOTA

Mrs. Rockwell got the inspiration for the "Washington Ear" from a similar program (offered by the University of Minnesota) which has been cited by the 11th Chicago International Film Festival for its film series, "Ability Not Disability", a rehabilitation series. The program shows methods the handicapped have developed to overcome their disabilities. The twelve (15 minute) films and study guides were produced by the Minnesota Extension Service with the aid of Special Project funding from USDA's Extension Service.

...IN ALABAMA

A newsletter, called "on Your Own," is published at the University of Alabama and directed toward homemakers with handicaps and those professionals who work with the handicapped. Published by the Continuing Education in Home Economics Division at the University, the newsletter offers tips on services available through both private industry and government; travel tips for the handicapped; and practical ideas on how to make jobs less burdensome for those who are handicapped.



A MARYLAND HOMEMAKER —

Mrs. Gladys Loeb

...IN ARKANSAS

Extension professionals and volunteers helped establish a 30-member 4-H Club and a home economics class at the Happy Time School for Handicapped children at Marion (Arkansas). The class, in which the handicapped youngsters learn basic skills, includes learning safety in the kitchen, how to avoid fires, and the art of peeling vegetables — all commonplace tasks for average youngsters, but difficult tasks for the handicapped.

...IN KENTUCKY

A new film that demonstrates stress-saving techniques and equipment that will help arthritis sufferers is being offered by the Cooperative Extension Service in Kentucky. Called, "The Homemaker With Arthritis," it points up the need for arthritis victims to simplify work in order to avoid stress and strain on affected areas.

Home economics educational programs assisted by the Extension Service, USDA, and Cooperative Extension Service in the states are opened to full participation by the physically handicapped. Additional information which may be of service to the home economists working in this area are welcome and any suggestions may be directed to the Editor of Food and Home Notes, for dissemination.

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—In North Carolina

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